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"THE EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATION ON SELECTED RISK FACTORS AMONG ASTHMATIC MIDDLE AGED MEN"

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By

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Chapter 1

Introduction

Yoga is one of health science. It is India’s earliest history, five thousand years old and systematic science. Yoga has been practicing in the germinal from by the people of the Indus valley civilization.[1] Two main oldest scriptures the Bhagavagita and Upanishads mentions importance of Asana, Pranayama and Meditation. In the Bhagavadgita, Yoga of intuitive Jnanayoga, Karmayoga, Bhaktiyoga to god to conducive to liberation.[2]

It is a culture of tomorrow. It is a tool of positive change.[3]. Yoga is a way to integrated and healthy living. “Prevention is better than cure”. Yoga is union of spirit of man with the spirit of god.[4] According to Lalonde report there are four general determinants of health including Human biology, Environment, Life style, and Health care services.[5] Health is a improving by Nutrition, Asthma patients must avoid the dried fruits, Wine or beer, Shrimp, Pickles, Packaged potato, Maraschino cherries. Any food who you are allergic.[6] Neglecting symptoms, common cold, fever, trouble sleeping, tiredness, indigestion, heartburn sighing. Recommended food for asthma Vitamin – D rich food, Vegetables green leafy, beta carotene rich, Magnesium rich, as spinach pumpkin, there is no specific Diet for asthma. If you using milk or egg avoid Vitamin – D source. Cleaning the house surrounding area regularly.[7]

Background of the study:

In the modern world man made successful things created powerful technologies and variety of products. Now we are obese with accumulating power wealth property. But failure to create an individual and social peace, wisdom or happiness. The problem will not be solved through new technological development.[8] Asthma occurs when the airways in the lungs become inflamed and constricted, Airways produces mucus, blocks airways, Asthma cannot cured but it symptoms can be controlled. Needed long term medication to prevent short term rescue. Most of asthma people changes over time need to work closely with doctor.

Like short breath, Chest tight, trouble sleeping etc cause for respiratory infections common cold, air pollutant smoke, Inflammatory drugs, strong emotions and stress.

Relevance of the study:

An essential part of Yogic management is restoration of depleted and blocked energy channels; this achieved gradually by the combined influence of yogasana, pranayama, shatkarma[9] surya namaskara with and without diet is beneficial.

Asthma is a allergitic lung disorder reached as epidemic ratio in Indian in the present century. Asthma affects 10% of all the children and about 5% of all adults. In the Industrialization areas like thermal power plant Shakti nagar, area people more than 10% suffering from allergy, asthma, wheezing, due to releasing gas, pume etc. Asthma attack all age groups like children, adults Men and Women also. The collected from the by survey of field visiting among the different sex females are more suffered than the males. The study carried out and through the nutritional life style that is helps boon to mankind. The yogic techniques develop the immune power, reduce the asthma allergy and reduce the intake medicines. By considering above mentioned yogic aspects with managing asthma.

Objectives of the Study:

1) To find out the effects of yogic practices with and without diet modifications on selected risk factors among asthmatic middle aged men.
2) To find out the yoga therapy on the level of oxygen with asthmatic patients.
3) To evaluate the effect of integrated yoga therapy consisting of Surya Namaskar, Asana and Pranayama on the oxygen level among the asthmatic middle aged men.
4) To compare the effect of yoga therapy and yogic practices with diet and without diet modification to reducing the level of cough, common cold and allergy in the asthma subject.
5) To evaluate the breath rate and lungs capacity in the asthma subject.

Hypothesis:

It will be hypothesized, the result of yogic practices with and without diet modification in the experimental group.

There will be decreased in Ab-Eosinophilis count in the subjects.

There will be a decreased in the Erythrocyte Sedimentation Rate in the subjects.

There will be a increased in the Haemoglobin level in the subjects.

There will be reduction in the breathing problems cough, cold, allergy in the asthma subject.

There will be improvement in the overall health in breathing rate, wheezing and coughing.

Subjects Selection Criteria:

Inclusion criteria:

1) Asthma and allergic patients aged between 35 to 50 years.
2) Patients suffering from asthma, allergy at least for one year.
3) Purpose of the study was explained and those who agreeing and showed interest to participate after giving consent were included in the study.
4) Patients with mild to moderate asthma.

Exclusion criteria:

1) Patients age below 35 years above 50 years.
2) Patients suffering from with psychosomatic problems.
3) Patients underwent any surgery in six months before the study.

Chapter 2

Description of Asthma

This chapter contains summary of Asthma, It is covers various types of asthma. The Introduction, Meaning, Definitions, Causes and Symptoms, effect on body and lungs, Modern medication management through the as per medical expert like Alopathy, Ayurvedha, Homeopathy, Unani etc. As a part of health concept yogic management and mode of action of yogic effect, explained to the modern view of asthma. Asthma is one of the most common lung disorders and it is defined as trouble of breathing, cough and wheezing. Worsening by respiratory virus accumulation of airways it is the presently risk of health. Asthma is characterized by infections of common cold, respiration, air pollutant, irritant such a smoke, strong emotions and stress and allergic reactions. “Asthma affects 10% of all children and about 5% of all adults”. Asthma is divided into various types like allergic asthma, Non allergic asthma, Occupational asthma and Exercise induced

asthma etc. As per my study I find out allergic asthma, occupational asthma and non allergic asthma.[9] Normally more than one year of common cold, allergy, shortness of breath are considered asthma. Asthma suffer mainly focus on Diet, Diet means a persons regularly consumed food and drink it will be related to reduces the lungs track infections, balanced diet means simple and nourishing foods including fresh fruits lightly cooked vegetables, particularly green vegetables etc explained. Especially preferred yogic diet to control asthma. Asthma is one of the major risk diet chart also prepared. Factors which may lead to several lungs diseases including "Inflammatory cells, Thickening of the muscles of air tube, Increases in size of mucus asthma".[10]

Chapter – 3

Yogic Management of Asthma

In this chapter explained yogic management, treatment, Shadvimasti theory, Panchakosha theory, Tridosha theory, Life style, Shatkriya, Yogasana, Pranayama, Meditation and Relaxation.

These yogic practices contain various types of yoga helps to overcome from breathlessness. Its helps to increase breathing capacity, It works together for the body, mind and spirit through self discipline.[11] The following yogic exercises were given to treatment to the subject for the 12 weeks six classes in a week daily one hour schedule for yoga, The yogic activities included asana, pranayama, kriya, meditation and relaxation. Asanas like Tadasana, Padmasana, Sukasana, Vakrasana, Gomukasana, Bhujangasana, Ardhamatsendrasana, Shalabasana, Ustrasana, Paschimottanasana, Viparitakarani mudra, Matsyasana, Chakrasana, Ardhachakrasana, Trikonasana, Marjari asana, Dhanusarasana, Sarvangasana, Makarasana, Surya namaskara, Shavasana. Kriyas like Agnisara, Kapalabati, Jalaneti, Sutraneti, Vamanadhouti. Pranayamas like Anuloma Viloma, Bastrika,

Bhramari, Ujjayee, Nadishodhana. Bandas like Uddiyana bandha. DRT and QRT Relaxation techniques with explaination details. Diet chart also prepared for with and without diet modifications with explain of Shadvimshati, Panchakosha, Tridosha theory in detail. Diet for asthma like one table spoon water, 2 table spoon lemon juice twice a day, table spoon fresh ginger juice.[12] Carrot juice, Spinach juice 3 times a day, 10 to 15 drops garlic juice with warm water take internally etc. Preferable to vegetables less calorie, soda 'O' calories balanced diet is needed its explain in detail. Yoga chart and Diet chart also designed. In this chapter included methods and benefits of practicing different types of asanas, also managed life style technique to control asthma in detail.

Chapter 4

Review of literature:

This chapter explained about with the literature of those who are studied still today in the respective asthma topic. The research material and paper and literature were collected from the classical yogic texts Holy Scriptures, research work carried out from different investigators, published articles etc. The are the very essential for review the research development in this field. Asthma is a chronic (long term) lung disease that inflames and narrows the airways by spastic contraction of the smooth muscles in the bronchioles, which partially obstructs the bronchioles an causes recurring periods of wheezing, chest tightness, shortness of breathing and coughing. Though it has been suggested that approximately 5% of adult and 7 – 10% of in children in USA and AUSTRALIA have disorder.[13] The problems asthma allergy, Sinusits increasing in the students occupationals and housewifes in world. With special reference to the Raichur district Shakti nagar having thermal power plant. Ancient ayurveda texts recognizes various illness. Global asthma burden reported the prevalence. Various traditional yogic texts

explained in this chapter. Asthma in men and women: treatment adherence, anxiety and quality of sleep.[14] Identification of Asthma phenotypes using cluster Analyses in the severe asthma research programme.[15] Yoga therapy for breathlessness among women.[16] Classical Yoga Texts, Traditional Texts, Research Papers, Literature Related Yogic Practices, Literature Related To Selected Parameters, Literature Related To Traditional Yoga Texts, Literature Related To Traditional Ayurveda, Literature Related To Psychological and Physiological Disorders, Literature Related Diet Modification with major texts explain in details.

Chapter – 5

Material and Methods:

In this chapter methods and parameters are used and explained here. The present research study was carried out in the Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangotri Karnataka under the guidance of Dr. K. Krishna Sharma Chairman of the Department of Human Consciousness and Yogic Sciences. Objective of the study was Development of new yogic interventions, nutritional chart. Especially designed for reduce the asthmatic symptomatic considering the rules of a traditional yogic technique and compare the effect of with and without diet modifications yogic practices reduce the level of asthma and allergy. 150 asthmatic patient subjects with and without diet modification and age group 35 – 50 years are selected randomly for this study. They were ready to be the part of this study and informed written consent was obtained from them. They were classified into three groups. i.e. Group 1 were given only yogic practices, Group 2 were given yogic practices with diet modification. Group 3 is a control groups no yogic practices and no yogic practices with diet modification. Two groups experimental and one is control group with 50 subject each. The control group continued with normal life style. For the

experimental groups provided selected yogic practices and with diet plan. Six days per week for duration of one hour and thirty minutes. The practical session employed a standard sequence precaution and giving individual attention. " ANOVA" test was utilized using SPSS software in the study to analyze the significance the result statistically.

Yogic Interventions with and without diet.

Asanas like Tadasana, Padmasana, Sukasana, Vakrasana, Gomukasana, Bhujangasana, Ardhamatsendrasana, Shalabasana, Ustrasana, Paschimottanasana, Viparitakarani mudra, Matsyasana, Chakrasana, Ardhachakrasana, Trikonasana, Marjari asana, Dhanusarasana, Sarvangasana, Makarasana, Surya namaskara, Shavasana. Kriyas like Agnisara, Kapalabati, Jalaneti, Sutraneti, Vamanadhouti. Pranayamas like Anuloma Viloma, Bastrika, Bhramari, Ujjayee, Nadishodhana. Bandas like Uddiyana bandha. DRT and QRT Relaxation techniques with explaination details.

Diet modification plan:

Diet chart also prepared for with and without diet modifications with explain.

Break fast – Regular food items

Midnoon – Preferably raw vegetables, seasonal fruits

Lunch – Normal meals as per with diet with diet

Evening – Health juice as much as possible

Dinner – Preferably items which are without cough food.

This also very helpful for asthmatic patient as per various past studies with present my study.

Chapter – 6

Results and Discussions:

This chapter explains changes seen on the breathing and physiological parameters such as HB, ESR and Ab-Eosinophilis count were showed significant result in the

experimental group and were beneficial in improving the breathing conditions and making a disease free mankind. The study concentrated on mainly asthma, allergy, cough, common cold, wheezing, and breathlessness. Statistical data mentioned below.

STATISTICAL ANALYSIS DATA

TABLE – 4

Pre –test

ANOVA: Single Factor

SUMMARY

Groups	Count	Sum	Average	Variance
HB	50	589.5	11.79	1.062551
ESR	50	1937	38.74	233.0943
Ab- Eosinophil Count	50	18271	365.42	12690.74

ANOVA

Source of Variation	*SS*	*Df*	*MS*	*F*	*P-value*	*F crit*
Between Groups	3875005	2	1937503	449.7141	2.23E-63	3.057621
Within Groups	633319.9	147	4308.298			
Total	4508325	149				

Post –test

ANOVA: Single Factor

SUMMARY

Groups	*Count*	*Sum*	*Average*	*Variance*
HB	50	593.7	11.874	0.812984
ESR	50	1590	31.8	176.6939
Ab- Eosinophil Count	50	17901	358.02	8907.04

ANOVA

Source of Variation	*SS*	*Df*	*MS*	*F*	*P-value*	*F crit*
Between Groups	3777226	2	1888613	623.6788	1.54E-72	3.057621
Within Groups	445142.8	147	3028.182			
Total	4222369	149				

Discussion:

The main findings of this study was that in comparison to with and without diet modification with asthma higher self reported adherence and health is improved by the asthmatic symptoms. Like runny nose breath tightness, allergic, cough, cold and wheezing are reduced. This study showed a reduction in asthma attacks in the yoga training with diet and without diet group which is comparable to the reports from with diet and without diet.

All the experimental group without diet modification subjects of the study has improved and relieved or reduced from the asthma and allergy symptoms compared to control group. The compare and observation to the mean and standard deviation also showed reduced result of asthmatic symptoms.

In experimental group yogic practices without diet modification that time

Pre -test

Average of HB, ESR and Ab -Eosinophil count were 11.79, 38.74 and 365.42

In variance was 1.06, 233.09 and 12690.74respectively

In ANOVA single factor F- crit value at 0.05% level of signification F=3.057 and F test value 449.71 then P-value is 2.23. As compare to control no yogic practice and no diet modification pre test value decrease in this pre test.

Post –test

Average of HB, ESR, and Ab -Eosinophil count were 11.87, 31.8 and 358.02

In variance was 0.81, 176.69 and8907.04 respectively

In ANOVA single factor F- crit value at 0.05% level of signification F=3.057 then and F test value 623.67 P-value is 1.54. As compare to control no yogic practice and no diet modification post test value decrease in this post test.

Chapter - 7

Summary and Conclusion:

Asthma is a chronic respiratory disorder in which the patient has difficulty in breathing because of a tight chest that leads to wheezing. Dry cough and vomiting (usually in children) can also be there. Middle aged men build the frame of the future of an individual. It is said that adolescence is a critical phase of life of a human being. At this stage of middle age they are very often energetic, thoughtful and idealistic and have a deep interest in the values of life. The treatment of asthma aims at preventing the bronchial tubes from being blocked. It is possible if the contraction of bronchial muscles is set right. Drugs like salbuterol are used to remove the bronchial blocking. A new inhalant namely cromolyn sodium has proved very useful. In severe asthma attacks, hospitalization is necessary. Strong medication is necessary for the cleaning the breathing passage.

Although the aim of yoga is spiritual perfection, it encourages a balanced, all round development of human potential. Yoga contains in itself specific teachings that lead to the bodily health and emotional well-being, it assuredly leads to intellectual, creative, intuitive and spiritual enfoldment.

Conclusion:

In this present study the result obtained shows that yogic practices give positive results on asthma, allergy, cough, common cold, wheezing and breathlessness.

Lung function, normal breath proved significant improvement. Sinus runny nose blocking shows improvement. Compared to experimental group with and without diet modification. Control group does not show any significant improvement after the study period. Long term study with more samples and parameters could bring significant result in the case of asthma and allergy. The considerable reduction in their drugs treatment. Airways is noticeably increased in the patient with asthmatic problems, psychological factors also changed and improved self consciousness and confidence. Yoga can reduces the asthma, allergy, wheezing, cough, common cold, breathlessness problems. It gives us completely positive results.

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